

sourcing these drugs from a pharmacy/high street shop despite these drugs being prescription-only medicines in the UK.

Conclusion: Non-medical use of pregabalin, gabapentin and baclofen was uncommon in this survey. A variety of sources were reported, the most common was a prescription from a medical practitioner. More work needs to be undertaken to understand this, to determine the most effective interventions for prescription medicine misuse.

Reference

1. Extent and trends in illicit drug use among adults: Drug misuse 2013–2014. Available at: <https://www.gov.uk/government/statistics/tables-for-drug-misuse-findings-from-the-2013-to-2014-csew> [accessed 11 Nov 2014].

311. Chronic pain and non-medical use of opioids, benzodiazepines and pregabalin in an online national survey in the UK

Paul I Dargan¹, David M Wood¹, Andrea C Besharat², Erin M Martinez², Jody L Green²

¹Clinical Toxicology, Guy's and St. Thomas' NHS Foundation Trust and King's Health Partners, London, UK; ²Rocky Mountain Poison & Drug Center, Denver Health, Denver, USA

Objective: To investigate the relationship between chronic pain and use of illicit drugs and non-medical use of prescription drugs in an online national survey in the UK.

Methods: The survey was undertaken in July 2014 using an online market research company. Data analysed for this study was: whether the individual had experienced chronic pain ("pain lasting for at least 3 months that either occurs constantly or flares up frequently"), prevalence of illicit drug use, and prevalence of non-medical use of prescription drugs (use without a doctor's prescription or for any reason other than recommended by a doctor).

Table 1. Relationship between reported chronic pain and the prevalence of lifetime use of illicit drugs and non-medical use of prescription drugs.

	Chronic Pain		P-value
	Yes N (%)	No N (%)	
Lifetime use of illicit drugs			
Yes	357 (31.5)	336 (24.6)	
No	775 (68.5)	1031 (75.4)	<0.0001
Lifetime misuse of any prescription drug			
Yes	511(45.1)	473(34.6)	
No	621(54.9)	894(65.4)	<0.0001
Lifetime misuse of opioids			
Yes	507 (44.8)	461 (33.7)	
No	625 (55.2)	906 (66.3)	<0.0001
Lifetime misuse of benzodiazepines			
Yes	34 (3.0)	23 (1.7)	
No	1098 (97.0)	1344 (98.3)	0.0311
Misuse of pregabalin/gabapentin			
Yes	13 (1.1)	2 (0.1)	
No	1119 (98.9)	1365 (99.9)	0.0013

Data on lifetime non-medical use of prescription drugs was studied for opioids, benzodiazepines and pregabalin/gabapentin. Fisher's exact test was used to determine statistical significance with an alpha level of ≤ 0.05 .

Results: In total 2,499 respondents completed the survey; the mean \pm SD age was 48.0 ± 15.6 years and 49.9% were male. In total 693 (30.8%) reported lifetime use of an illicit drug and 984 (39.4%) reported lifetime non-medical use of a prescription drug. Chronic pain was reported by 1,132 (45.3%) respondents. As shown in Table 1, lifetime use of illicit drugs and non-medical use of prescription drugs were more common in those with chronic pain; reported non-medical use of opioids, benzodiazepines and pregabalin/gabapentin were all more common in those with chronic pain.

Conclusion: Data from this survey suggest that use of illicit drugs and non-medical use of prescription drugs is more common in those with chronic pain in the UK. It is important that clinicians managing patients with chronic pain and those managing patients with drug misuse, including clinical toxicologists, consider this in their clinical assessment. Further work is required to understand the reasons for this association which is important given the high prevalence of chronic pain in Europe and North America.

312. Benzodiazepines and "Z drugs": Reported reasons for non-medical use in an online national survey in the UK

David M Wood¹, Jody L Green², Andrea C Besharat², Erin M Martinez², Paul I Dargan¹

¹Clinical Toxicology, Guy's and St. Thomas' NHS Foundation Trust and King's Health Partners, London, UK; ²Rocky Mountain Poison & Drug Center, Denver Health, Denver, USA

Objective: To describe reasons for non-medical use of benzodiazepines and "Z drugs" reported in an online national survey in the UK.

Methods: The survey was undertaken in July 2014 using an online market research company. Data analysed for this study was non-medical use of benzodiazepines/Z drugs and reason for this misuse (using pre-formatted criteria; individuals could select multiple reasons), together with misuse of illicit drugs in the last year. The benzodiazepines/Z drugs included in the survey are listed in Table 1. Prevalence of misuse per 100,000 was calculated using the latest UK Office of National Statistics population estimate.

Results: In total 2,499 UK respondents completed the survey; the mean \pm SD age was 48.0 ± 15.6 years, 49.9% were male. The reported use of any illicit drug in the past year (8.6%) was similar to the 2013/14 Crime Survey for England and Wales (8.8%).¹ Non-medical use of at least one benzodiazepine was reported by 57 (2.3%); the reported prevalence of non-medical use was highest for diazepam, followed by temazepam and lorazepam (Table 1). At least one reason for misuse was specified by 48 (84.2%) respondents; of these, 66.7% of individuals reported more than one reason for misuse and the median (IQR) number of reasons for misuse was 2 (1-4). The most commonly reported reason among respondents reporting diazepam, temazepam and lorazepam misuse was "makes me feel good". Other reasons